

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating

Seniors Newsletter

Established 1994:

Volume 25 Issue 1 January 2024

President: Mohinder Kumar

Editors: Sant Bajaj/Raj Batra

Secretary : Vivek Bhatnagar

**We wish all our members a Happy New Year**



**We wish all our members a Happy Australia Day**



**AHIA CELEBRATES HOLI ON 17TH MARCH, 2024**  
Join us for fun and masti @ Showground Road  
(next to main Arena), Doran Street, Castle Hill



**We wish all our members a Happy Lohri**



**We wish all our members a Happy Republic Day**

Dear friends,

Happy New Year and welcome to the first Sandesh of 2024!

On 9 December 2023, we had our AGM when you elected a new Executive Committee (EC) for the next two years. I wish to thank you for electing me as the President of AHIA and feel humbled and privileged to work with a dedicated team of volunteers. I must thank Mrs. Sushma Ahluwalia, the former President of AHIA for her commitment, dedication and love for AHIA. She always works hard to achieve the best possible result for AHIA. Mrs. Ahluwalia will continue serving on the EC for 2024 being the immediate Past President. I also thank the previous executive committee members, Mr. Tilak Kalra, Mrs. Meeta Sharma and Dr. Sarita Sachdev for the great work they have done and have been doing for AHIA. While they have completed their four-year term on the EC, they will be continuing to provide voluntary service to AHIA.

Thank you!

I am pleased to share that our new Vice President, Ms Preeti Thadani, is eagerly working to reinvigorate the Youth Wing of AHIA - YuvTarang. We are holding a Planning Meeting soon to discuss the strategy

and what else can be done to improve AHIA's activities. Please feel free to provide any suggestions to any of our EC members.

At the senior meeting on 13 January 2024, we will be celebrating the 99<sup>th</sup> Birthday of our senior most life member, Respected Aunty Ji Mrs Kailash Bhatnagar, India's Republic Day, Australia Day and Lohri festival.

Please save the date for the Holi function on Sunday, 17 March 2024 and Diwali on Saturday, 19 October, details are included in Mr. Bhatnagar's report and further information will be provided close to the date.

AHIA has been participating in Clean-up Australia Day for many years. It is occurring on 3 March 2024 this year. We will provide further details in due course and would appreciate if you could join us as well.

Once again, a very happy and safe New Year to all!

Kind regards

**Mohinder Kumar**  
President, AHIA



'Sandesh' is AHIA's Newsletter and is published every month.

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#### INSIDE THIS ISSUE

\*\* The Cartoons/pictures are courtesy various Newspapers.  
\*\*The Content and the opinions expressed in the writings are the responsibility of the writers concerned.

\*\* The Health information is given in good faith and readers are advised to consult their own Doctor. AHIA does not accept any responsibility whatsoever.

Dear Friends,

Let me begin by welcoming you all into 2024 and hope that this year will be special for each one of you, filled with good health and happiness!

We ended last year with the AHIA AGM, on 9 Dec 23, during which a new Executive Committee (EC) was chosen.

The AGM also approved changes to membership rules as follows:

Increase the Annual membership fees from couples to individuals:

All membership renewals must be done from June. The new members are welcome any time. The new members who join from March to May will get a grace period of 3 months for the payment of annual membership fees. People joining in Jan and Feb need to renew in June too or you can choose to pay the guest rate - \$5.00 each month for a few months and then take membership in March.

All Guests will now be paying \$5 if they join the senior meetings, as tea and snacks cost more than \$7 for each person these days.

Annual & Life Membership (remains same as before):

Life Membership fees for a couple < 60 years of age - \$200.00

Annual membership fees for a couple > 60 years of age - \$150.00

Our first EC Meeting for 2024 was held on 3 Jan. During the meeting the following forthcoming events

were mentioned:

Monthly Senior's meeting held every second Saturday of the month at the Wentworthville Community Centre

AHIA annual Planning meeting (held by all EC Members): on 18 Feb

AHIA - Australia Cleanup Day, at the Fred Caterson Reserve, Castle Hill: on 3 Mar from 10:00 to 11:00 am

AHIA Holi at Harvey Lowe Pavilion, Castle Hill - tickets \$20: on 17 Mar from 11 am to 3 pm

AHIA Diwali (venue & other details yet TBD): on 19 Oct

This year's Holi function is not supported by any Government grant therefore to sustain our costs AHIA will invite sponsorship and donations. It is proposed that Raffles will also be held to raise funds.

The AHIA Vice President Preeti Thadani is keen to revive the Youth wing of AHIA - YuvTarang. All EC members support its revival and have requested Preetiji to continue working on making it a meaningful forum for young Australian Indians in retaining their culture, whilst becoming a valuable member of the Australian Indian diaspora.

On behalf of all my EC colleagues, I welcome you all again, as we work towards making this an exciting year!

**Vivek Bhatnagar, Secretary, Ahia**



## AHIA EXECUTIVE COMMITTEE 2024-2025

### President-Mohinder Kumar



Mohinder Kumar was AHIA's Secretary for two years before being elected as President.

He is an experienced insurance risk

professional currently working as a Chief Risk Officer and a panel member of the Australian Financial Complaints Authority. He is a lawyer and a notary public.

He believes that cultural engagement is highly important for the welfare and well-being of everyone in the community regardless of age, gender, profession, or occupation. While several community organisations are providing cultural activities to senior members of our community, AHIA's new executive committee is working to invigorate the youth wing - YuvTarang - with the help of our members/volunteers. Further developments will be shared as we progress.

### Vice President-Preeti Thadani



Preeti has a BA Psychology, post graduate degrees in Law and a Master of Dispute Resolution.

She has been on stage since the ten-

der age of 3yrs. Trained in Indian classical dance and Tap Dancing, she has performed in numerous recitals and dance dramas and has also performed in the Olympics 2000 Opening Ceremony. Currently Preeti teaches adult classes in fusion dance styles.

Over the last 30yrs Preeti has been on Sydney's stage emceeing shows for renowned singers including, Shankar Eshaan Loy, Anup Jalota, Anura-

dha Paudwal, and corporate events, held by Asian Paints, Macquarie Bank, Macquarie University as well as community focused events for the Consulate General of India, the Australian Indian Medical Graduates Association, IABBV Hindi School, AHIA and Sydney Sakhi Sangam.

She regularly organises fundraisers and charity balls to help the under privileged.

When Preeti is not performing on stage you will find her putting heart and soul into her work as a Senior Advocate in a federally funded NGO representing the rights of People with Disability. She's passionate about social justice and equality.

Preeti and her family are life members of AHIA. She brings to the role of Vice President enthusiasm and her community centric approach to serve AHIA's goals and aims for the future with a greater public interface engaging with young people in the diaspora.

### Secretary-Vivek Bhatnagar



Vivek has been associated with AHIA for a very long time, with his mother having become an AHIA member since its initial years. More re-

cently, he has contributed to the growth of AHIA by taking active participation as an Executive Committee member.

Having migrated to Australia about 35 years ago, Vivek brings a variety of skills and experience to support AHIA move into its new era of progress. Initially from a hospitality background, Vivek's work knowledge and experience includes education & training,

strategic business development, project management, governance & finance.

Vivek is a Justice of Peace (JP) and is happy to provide his services to its members as & when required.

Vivek is excited to work with the newly formed AHIA EC team and looking forward to progress AHIA to new levels.

### Member-Chetan Puri



My name is Chetan Puri. I have been in Australia since 2017. By profession, I am an experienced software engineer. I have

worked across different sectors such as telecom, investment banking, and education. As a hobby, I like to play Badminton and Table Tennis. I like to cook to unwind. I am living here with my wife and a 9 yr old daughter. I joined the Executive Committee of AHIA last year in 2023. I am looking forward to contributing to the welfare of the committee in whatever way possible.

### Member-Raj Batra



Raj Batra completed Masters in Mathematics in 1971. He has been working in IT for the last 45 years.

During the last 30 years he has been

teaching IT in various Tafe colleges.

Raj specializes in the areas of web development and software development. He has been designing and developing websites for various Indian associations.

Continued on next page.....



## AHIA EXECUTIVE COMMITTEE 2024-2025

### Treasurer-Chand Chadha



Chand Chadha is an Electrical Engineer and had worked in various multinational companies like

Crompton Greaves, Larsen & Toubro, EATON (US), NHP, Neilsen Technologies. He has expertise in Electrical Power System, Electrical Transmission and distributing and substations. He migrated to Australia 27 years back with his wife and two sons. In 2004, he was invited to join financial services line and he diversified into Financial Services field. He has been active Life member of AHIA and had earlier served the community as a Vice President and Secretary. He had also actively worked for other Charitable organisations like Rotary & Ekal Vidyalaya. He believes that helping others is not only good thing to do, but it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas, efforts and energy.

### Member—Abha Gupta



Abha believes that a rich social life is critical to one's physical and emotional well being-

"People who maintain a lot of social interactions retain mental sharpness for a longer period". She enjoys social life and is at ease with diverse groups of people.

She is very passionate about India, promoting Indian culture and traditions. She has great organisational skills and is keen to use them to support AHIA objectives of promoting Indian culture through events and functions.

### Public Officer-Kali Gupta



Kali Gupta is living in Australia over 33 years and worked with Transport for NSW previously

known as Roads and Traffic Authority (RTA), Roads and Maritime Services (RMS) for more than 30 years as Project Engineer and Senior Project Development Manager. Managed successfully various highway and bridge projects in rural areas of Wagga Wagga, Wollongong, Sydney West, and Blue Mountains. Awarded excellence awards in providing innovative solutions to project designs, project management and completing the assigned projects within the time and budget.

Kali brings good experience in civil engineering (highway and bridge planning) and roads construction industry, management of multidisciplinary project teams within Australia and overseas.

Kali has been working with AHIA for the last 7 years as a Public Officer, Secretary and committee member effectively.

### Member (Ex-President)- Sushma Ahluwalia



Sushma is retired and enjoying golden years of her life with her children and grandchildren. After successfully raising

her family, she worked for many years in her own business in the Sydney area. She retired from the business life 12 years ago and is now involved in serving the Indian Community and dearly holds values of our rich Indian Heritage. Previously she had co-partnered in running the Ladies "Sawan" Festival in Sydney for 16 years.

She enjoys meeting people and celebrating and promoting cultural events. She is one of the pioneer life members of AHIA and has been assisting AHIA Committee in various ways.

She believes in working hard in continually promoting objectives of AHIA including celebrating cultural activities and undertaking social and welfare activities.

"Volunteering your time and energy to help others doesn't just make the world better, but it also makes you a better person." is

### नववर्ष का स्वागत

स्वागत है तुम्हारा स्वागत है,  
नव वर्ष तुम्हारा स्वागत है।  
मास बारह निकाल कर आये तुम,  
सुख समृद्धि साथ मे लाये तुम।  
फल दायक हो ये नववर्ष,  
स्वागत है तुम्हारा स्वागत है।  
न हो कोई दुखी सृष्टि में कहीं,  
उत्कर्ष रहे सबके मन में।  
जीवन में सदा विश्वास रहे,  
नव वर्ष तुम्हारा स्वागत है।  
जन जन का हो संबंध मधुर,  
न हो जग मे कोई छल प्रपंच।  
हो सबल मेरे जीवन का,  
स्वागत है तुम्हारा स्वागत है।  
प्रतिभा निखरें ऊर्जा बिखरे



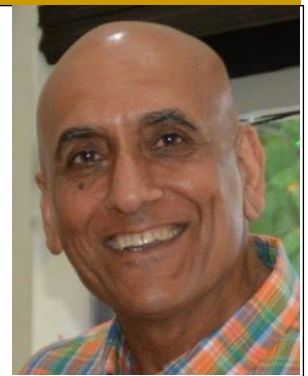
यश कीर्ति हो देश की चतुर्मुखी,  
संघर्ष न हो कोई यहाँ-वहाँ स्वागत है तुम्हारा स्वागत है।  
ईश्वर से है कामना यही,  
सब सुखी रहे संपन्न रहे।  
मेरी शुभकामना है सबको स्वागत है तुम्हारा स्वागत है।  
आप सभी को नूतन वर्ष की हार्दिक शुभकामनाएं स्वस्थ रहें, मस्त रहें, धर्म पर चलें, राम राम बोलें  
जय सियाराम RAM

**शारदा शर्मा**



**The Bower is an award-winning environmental charity offering programs and services to create a circular economy**

A white Bower Reuse Repair &amp; Centre truck is parked on a street. The truck has a blue logo with a bird and the text 'The Bower Reuse Repair &amp; Centre'. A red sign is visible in the garden.



cled materials [we run cours-](#)  
tiny house courses, DIY, woodworking  
bike maintenance, and clothing re-  
include art from recycled materials



Our House to Home program completely outfits social housing for those who have been homeless, refugees, or domestic violence survivors so that they have functional and comfortable homes. [We work with 13 plus frontline agencies](#) such as Mission Australia, Jesuit Refugee Service, Bonnie's Support Services, Women's and Girls Emergency Centre, Parramatta Women's Shelter, and Life Without Barriers. We are an innovative social enterprise that is a living example of the circular economy - uniting social, environmental and reuse models in all of our operations.

[illegible]

We take immense pride in bringing new life to your old electronic goods

## “हैप्पी न्यू ईयर”

“हैप्पी न्यू ईयर” - नया साल आप के लिए अच्छी सेहत, ढेर सा धन लाने वाला और शानिपूर्वक हो”, आदि आदि ...

नया साल शुरू होने से एक सप्ताह पहले ही हम लोग शुरू हो जाते हैं, नए वर्ष की शुभकामनाएँ भेजने के लिए। 31 दिसम्बर और पहली जनवरी को तो एक तूफान सा आ जाता है, केवल नये वर्ष के संदेशों के अतिरिक्त कोई दूसरी बात ही नहीं होती।

खासतौर पर व्हाट्सएप, फेसबुक पर तो एक फैशन सा चल पड़ा है, एक होड़ लग जाती है, एक दूसरे को मैसेज भेजने के लिए। क्या कभी आपने विचार किया है कि ये जितने मैसेजेस आते हैं उनमें से कितने पर्सनल होते हैं, कितनों में दिल से निकली हुई इच्छा या दुआ होती है, या फिर एक फॉर्मैलिटी ही निभाई जा रही है। आपने देखा ही होगा बहुत सारे फोटो-मैसेजेस होते हैं जो इधर उधर से इंटरनेट से कॉपी कर के भेजते हैं, आपके पास एक ही तरह की फोटो के कई कई मैसेजेस आते हैं उनके उपर कोई किसी का नाम नहीं-कुछ तो वीडियो के गाने आदि भी डाल देते हैं। कितने फीके और बेकार लगते हैं, जबकि एक ही तस्वीर आप को 8-10 भिन्न लोगों से आ जाते हैं। भेजने वाला भी क्या करे, एक लिस्ट ली और एक सन्देश और फिर forward का बटन दबाया और हो गया काम! बस वो जैसे कहते हैं ना “गले पड़ी बला टॉल” रहे हैं।

अब कार्ड भेजने का रिवाज भी समाप्त हो गया है, चलो इस इंडस्ट्री से भी छुटकारा मिला और खर्चा भी बचा।

यदि ढंग से किसी को विश करना है, शुभकामना भेजनी है तो क्यों नहीं कुछ अपनी ओर से लिख कर इसमें कुछ अपनापन दिखाया जाए, या टेलीफोन द्वारा दो एक मिनट बात कर ली जाए।(इक्का दुक्का,ऐसे सन्देश मिल भी जाते होंगे) परन्तु किसके पास इतना समय है के हर एक को नया मैसेज भेजें।

नये वर्ष की शुभकामनाएं हर देश के नेता लोग भी देते हैं। सारे संसार में शान्ति की इच्छाएं करते हैं, परन्तु क्या ये दिल से निकली हुई इच्छाएं हैं? क्या वे सच हो पाती हैं?

अब पिछले साल की बात करें तो, क्या रूस और यूक्रेन की लड़ाई समाप्त हुई? बल्कि पिछले साल के अंत तक तो वह और भी भयानक हो गयी और उस की समाप्ति की संभावना भी कुछ दिखाई नहीं पड़ती।

साथ ही इजराइल और हमास का नया झगड़ा शुरू हो गया। हजारों की तादाद में लोग मारे गए लाखों लोग घरों से बेघर हो गए, अस्पताल बीमार जख्मी लोगों से भरे पड़े हैं। ना उनके पास दवाइयां हैं, बच्चे बूढ़े और जवान मर रहे हैं।

क्या यही हमने इच्छा की थी नए साल की ? क्या यह खून खराबा रुक पायेगा इस वर्ष?

क्या हम वह दिन देखेंगे कि रूस के प्यूतिन, यूक्रेन के जैलेंस्की को 'हैप्पी न्यूईयर' का सन्देश भेजेंगे या फिर इजराइल के प्रधान मंत्री

नव वर्ष की हार्दिक  
शुभकामनाएँ

गज़ा के लोगों को कोई ऐसा ही सुखद संदेश देंगे।  
नहीं ना!

अगर ऐसी ही नाम की इच्छा है तो क्या उसके पूरे होने में कितना विश्वास है?

अब कुदरत भी पता नहीं क्या सन्देश देना चाहती है या किस बात का बदला लेना चाहती है कि गए साल में कई धमाके कर डाले। कई देशों में तो बहुत ही कहर डाय़ा है।मिसाल के तौर पर भूकंप से तुर्की,सीरया और अफगानिस्तान में हज़ारों जानें गईं और लिब्या और मोरोको में तूफ़ान कई मौतें हुईं और घर बर्बाद हो गये।

Climate change को दोषी ठहराया जा रहा है, जो हमारी ही ज़्यादातरियों और लापरवायों का परिणाम है। २०२३ को अब तक का सब से गर्म वर्ष माना गया है।

तूफान और सैलाब हैं कहीं तो आग से घर जल रहे हैं कहीं, कहीं लावा फटा है तो कहीं धरती हिल गयी है।

अभी यह साल शुरू ही हुआ है- पहले दिन जापान में इतने ज़ोर का भूचाल आया, कि तबाही ही मच गई- एकदम सुनामी का खतरा पैदा हो गया।

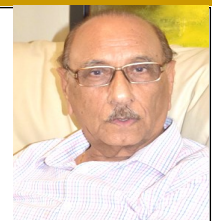
यहाँ ऑस्ट्रेलिया में Queensland और Victoria में तूफान ने भारी नुक्सान किया है।

इसका क्या मतलब है? क्या हम इच्छा करना ही छोड़ दें, आशा ही छोड़ दें, एक दूसरे को नया साल मुबारक कहना ही बंद कर दें? क्या यह सब हमारा ही कसूर है?

मैं तो वाकई कन्फ्यूज हूँ, पर क्या करूँ - बाकी लोगों की तरह मैं भी "हैप्पी न्यू ईयर" कहकर ऐसे ही बेमानी संदेश भेज कर दिल को तसल्ली दे रहा हूँ।

“हैप्पी न्यू ईयर”।

**संतराम बजाज**































**New Executive Members 2024-2025**





























# Happy New Year





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Packages  
Provider

Our team of compassionate carers help you live independently in your own home for as long as possible.

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- + Shopping & meal prep
- + Hygiene & self-care tasks
- + Mental health support
- + Medication management
- + Complex care
- + Social & community access
- + Fitness activities
- + Transport services

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## Happy Birthdays

Sudershan Yadav	Jaskiran Kaur
Rajinder Kaur Singh	Joginder Pal Suri
Inderjeet Bakshi	Nalina Sajdeh
Rajesh Arora	Sharven Sehgal
Kiran Gupta	Sangeet Viz
Pramod Mittal	Anju Bahl
Satnam Ahuja	Kanak Mehta
Ravinder Gupta	Amarjit Bakshi
Renu Arora	Sarita Sachdev
Sashi Sanan	Pushpa Mittal
Raju Meeru	Rohit Chaudhary

## Wedding Anniversaries

Mr. & Mrs. Jagtar & Anita Sangha  
Mr. & Mrs. Man Mohan & Kanak Mehta  
Mr. & Mrs. Laj Pat Rai & Krishna Sardana  
Mr. & Mrs. Sushil & Alka Anand  
Mr. & Mrs. Hazari & Kulwanti Chawla

## Some illuminating facts about fireworks

As the year 2023 has ended, we all have enjoyed the New Year Eve's fireworks. Here are some of the facts which many of us may not know.

The fireworks are Chinese in origin. According to a legend, a monk named Li Tian created fireworks around 1400 years ago by packing gunpowder into hollow bamboo tubes. His purpose was to scare off evil spirits.

An explosive mixture of gunpowder and flammable compounds is what makes fireworks splatter across the sky in all those pretty colours and fun shapes. Copper, for instance, burns bright blue, strontium sparks deep red. Together they produce purple. The images they produce depend on the placement of these compounds inside the shell of the firework. Crowd favourites include 'comet', featuring long trail of sparks; 'peony', a spherical, flower-like burst; and 'strobe', which produces a blinking effect.

For centuries, we had to light each firework fuse by hand to set it off, but since the 1980s there has been another option: computer-controlled igniters. Automating fireworks allows for more precisely timed explosions, making musical displays all the more synchronised and satisfying - not to mention safer.

The pops and whistles that some fireworks make are due to the craftsman of chemists, who add metal tubes or flakes that hiss and sizzle as they burn.

As we may imagine, fireworks emit large amounts of pollutants into the atmosphere. A greener alternative recently adopted and enjoyed around the world's skies is using swarms of drones to trace flashy patterns in the sky. The future fireworks, like so much else, may be robotic.

(Excerpt from Reader's digest)

राज सनेजा

**Seniors Meetings @ 2 Lane Street. Wentworthville from 1 to 4 PM every second Saturday of the month**

**If you are the smartest person in the room, then you are in the wrong room." Confucius, Chinese Philosopher**



## Smartphone and Senior Citizens

### The Significance of Smartphones for Senior Citizens

In the twilight of their lives, many older adults face unique challenges, including social isolation, reduced physical capabilities, increased reliance on others, and limited mobility. Technology, particularly smartphones, can play a pivotal role in addressing these challenges and enhancing the lives of senior citizens.

### Smartphone as a Multifunctional Device

The smartphone has revolutionized communication and day-to-day activities, replacing a plethora of gadgets and devices. For senior citizens, the smartphone's versatility makes it an essential tool for staying connected, informed, and independent.

### Replacing Traditional Gadgets

The smartphone has effectively replaced numerous gadgets that were once commonplace in our lives. It now serves as a phone, videophone, voice recorder, camera, photo album, wallet, flashlight, credit card, address book, phone directory, personal diary, notebook, typewriter, pen/pencil, radio, TV, music player, dictionary, book reader, magazine, newspaper, encyclopedia, watch, world clock, alarm clock, timer, map, calculator, compass, measuring tape, magnifying glass, and much more.

### Unveiling Smartphone's True Potential

While many of us are familiar with the smartphone's basic functions, we often overlook the plethora of additional features and apps that can significantly enhance its usefulness. These features are constantly evolving, making it crucial to stay updated and learn about those that are most relevant to our needs.

### Additional Features and Apps

Smartphones offer a wealth of additional functionalities that can greatly benefit senior citizens. Here are a few examples:

**Text-to-Speech:** Apps like "Seeing AI" allow you to listen to text instead of reading it, a valuable aid for those with vision impairments.

**Voice-to-Text:** Dictation features, accessible through the micro-

phone icon on the keyboard, enable you to speak instead of typing, reducing strain on the hands.

**Optical Character Recognition (OCR):**functionalities,

Apps like "Google Lens" can convert printed text into editable text, allowing you to easily transfer information from books or documents to your phone.

**Audiobooks:** Many books are available in audio format, enabling you to listen to them instead of reading, a convenient option for those with reading difficulties or visual impairments.

**Emergency Information:** Smartphones allow you to store emergency contact information and medical details, accessible even when the phone is locked, ensuring that first responders have access to critical information in an emergency.

**Magnifier:** This feature helps seniors read small print on medication labels or other items.

**Reminders:** Set reminders for essential tasks, such as taking medications, drinking water, or checking bank balances, ensuring that important activities are not forgotten.

**Calendar:** Schedule appointments and keep track of upcoming events using the calendar feature, maintaining organization and avoiding scheduling conflicts.

**Fitness Tracking:** Apps like "Stepz" track steps taken, flights of stairs climbed, and other fitness metrics, encouraging seniors to stay active and monitor their health.

**Mental Exercise:** Brain-stimulating games, such as puzzles and crosswords, can help reduce the risk of dementia by improving cognitive function and memory.

**GPS Tracking:** This feature allows family members or caregivers to track the whereabouts of seniors, providing peace of mind and ensuring their safety.

Exploring Other Smartphone Applications

Beyond these core

functionalities, smartphones offer a vast array of apps that can cater to the specific needs and interests of senior citizens. These apps cover a wide range of areas, including:

**Commuting and Travel:** Apps like Google Search, Moovit, TripViewLite, and transportnsw.Info provide real-time navigation and travel guidance.

**Weather Information:** Access real-time weather updates and forecasts to stay informed about weather conditions and plan accordingly.

**Navigation:** Utilize Google Maps to navigate unfamiliar areas and reach destinations with ease.

**Social Networking:** Connect with family and friends through social media apps like WhatsApp, Telegram, and Facebook.

**Online Shopping:** Conveniently purchase goods and services from the comfort of your home using e-commerce platforms and apps.

**Phone Banking:** Manage your finances and make payments through mobile banking apps.

**Cab Booking:** Easily book taxis or ride-hailing services using apps like Uber and Didi.

**Digital ID Proofs:** Apps like "Service NSW" provide access to digital versions of government-issued identification documents.

### Embracing the Digital World

Senior citizens should embrace the opportunities offered by smartphones and explore the vast array of features and apps available. By learning and utilizing these tools, they can enhance their daily lives, stay connected with loved ones, and maintain independence and well-being.

**Shiv Agrawal ( shivshiv@gmail.com )**



## Summary of Chapter 15 of Bhagavad Geeta - The Yoga of the Supreme Being (PURSHOTAMYOG)



Ch 15 has 20 verses and describes Brahman manifests as macrocosm & microcosm together constituting AKSHRA (Imperishable) & Ksara (perishable) and pervades everywhere as a supreme Being (Omnipotent-All powerful, Omniscient-all knowledgeable, Omnipresent-present everywhere). This chapter can be divided into the following 4 topics:

Brahman is macrocosm - Ksara perishable	Verses 1 to 6
Brahman is microcosm - Ksara perishable	Verses 7 to 11
Brahman is essences in both - Aksara Imperishable	Verses 12 to 15
Brahman is Uttama Pursa Supreme Being beyond Ksara & Aksara	Verses 16-20

**Brahman is macrocosm:** Lord Krishna compares the macrocosmic expression to Asvattha- Pipal Tree. Lord advises the mankind to cut the deep-rooted Asvattha by the axe of detachment which will liberates you from the pairs of opposites that constitute the world.

Hindi Shiri Hari Geeta vers1: Branches of Pipal tree represents manifold activities in this world which springs from source of Brahmin.

Leaves like hymns of Vedas, represent knowledge which springs from pure Consciousness. He who recognizes the Source apart from its manifold expressions gains wisdom of Vedas, the ultimate Knowledge-of-Self, ATAMAN, Brahman. Shiva Linga (1/2 underground) has similar symbolism as deep-rooted Asvattha, represents supreme Reality.

**Brahman is microcosm:** Wise sages Yogi perceive living being (Atman, Body, mind and Intellect or Budhi) is an example of Macrocosm & Microcosm.

The Self enlivening in 3 bodies: **gross, subtle** (Manifest Vasnas in the form of thoughts, desire and emotions and **causal** (unmanifested Vasnas, Seeds of our personality, the reason we are born depending upon the proportion of 3 Gunas (Satwick, Rajisic and Tamsic,).

**Subtle** body consists of 5 organs of Perception Jnana Indriyas comprise: eyes, ears, nose, tongue and skin + 5 organs of Action, Karma Indriyas comprise: hands, feet, speech, generative organs and organ of passing waste material).

Vers 8: जब जीव लेता देह अथवा त्यागता सम्बन्ध को । करता ग्रहण इनको सुमन से वायु जैसे गंध को ॥

At the time of death Atman takes Subtle & Causal bodies from one Gross body to another body. Atman serves as a medium for this conveyance, just as wind carries scent from Flowers. This concept also has been mentioned in Vers 22 of Ch 2, P 33 of Hari Geeta जैसे पुरानेत्याग कर नर वस्त्र नव बदलें सभी । यों जीर्णतन को त्याग नूतन देह धरता जीव भी ( At Shanti Path after a death Ch15 is recommended to recite as per Sharat Arora ji)

**Brahman is essences in both - Aksara Imperishable.** Lord Krishna personifying Brahman declares that He resides in the Sun & Moon, permeates the earth, enter vegetation and enlivens the body, mind and intellect. He is the ultimate Goal to reach. Vers12जिससे प्रकाशित है जगत्, जो तेज दिव्य दिनेश में । वह तेज मेरा तेज है जो अग्नि में राकेश में

In this verse Lord declares Himself as the source of light in sun, moon and fire. It indicates Brahman as pure Consciousness within which illumines senses, mind and intellect and enlivens them to act and perceive, feel and think.

**Brahman is Uttama Pursa Supreme Being beyond Ksara & Aksara**

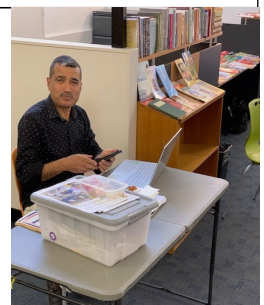
**Vers 16:** इस लोक में क्षर और अक्षर दो पुरुष हैं सर्वदा । क्षर सर्व भूतों को कहा कूटस्थ है अक्षर सदा ॥

Gross & Subtle bodies have beginning and end and referred as perishable but beyond body-mind-intellect, gross-subtle bodies lies Causal body which is unmanifest Vasanas and after birth manifest as subtle & gross bodies which will vanish but Causal body remain changeless. One needs to put in considerable effort and time to change one's vasanas, they only vanish at the moment of spiritual Enlightenment. The immutable Self never perishes even as the world perishes. The Supreme Being, Purusottama the Indestructible Lord pervades, spreads over the deep-sleep, dream and waking world, it exists beyond them all. The wise understand and worship Purusottama as that whole Being.

**Presented by: Nirinder Jalpota, References: Swami Parthasarthy ji's Bhagavad Geeta Vol 3 & Hari Geeta by Shiri Deena Nath**

## Mobile Library

Every month, Mr Mrityunjay Singh of South Asian Hindi School, Kogarah is kind enough to bring a mobile library of Hindi/English books to our meeting for members to borrow without any charge or fee. He will be doing this in every meeting in future. AHIA thanks Mr Singh for his selfless services and generosity.



***\*\*Please bring the borrowed books for return/Renewal in the meeting***

**Next Seniors Meeting @ 2 Lane Street. Wentworthville February 10 , 2024 from 1 to 4**



He has 3 sons who are all in the medical field, has 6 Grandchildren and 9 great grandchildren.



*Anthony Albanese*



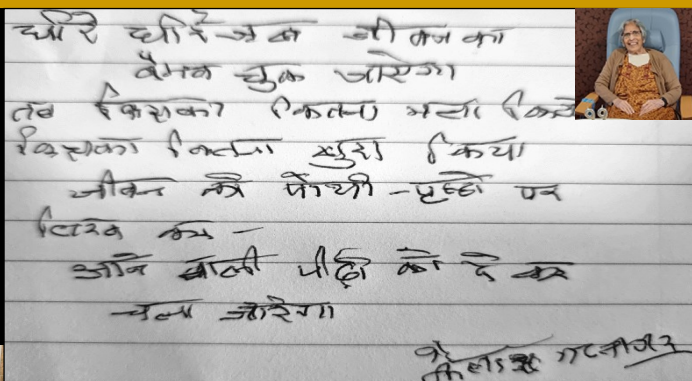
My wife and I are so pleased to know that you are celebrating your one hundredth birthday on 15th December, 2023. This brings our warmest congratulations and heartfelt good wishes on such a special occasion.

Chambers R.      Camilla R.





It is with deep regret we inform you that Sardar Ajit Singh who was life member of AHIA lovingly known as Daddyji, sadly passed away on the 17th December, 2023. He lived a full and dedicated life.



प्रातः काशीन औरों की पिकनिक

बन्धु जन आइए आज हम मिलकर पार्क में जाकर औरों की पिकनिक करते हैं। समय की पाबंदी नहीं है सुबह सुबह या संध्या समय ओछा अच्छा रहेगा। प्रातः काल पड़चान पर देखते हैं एक महिला अपनी गोड़ी से एक ट्रेली निकालती है उसमें उसने तरह तरह के व्यंजन के अनेकों उपकरण थे जिसमें भारी वजन की कई सैंडविच थी। एक महिला उसकी प्रतीक्षा कर रही थी अतः वह अपनी विद्वान लैट जाती है खड़ी गेंद लह वह अपने शरीर पर रखकर ऊपर नीचे करने लगी यह पहला व्यंजन था। साथ ही उस गोलाकार भारी वजन वाली गेंद को ऊपर नीचे करने लगी। यह नहीं मालूम वह कितनी बार ऐसा करती है। फिर एक डोरी वहाँ के झूले में बांधकर अनेकों बार खींचती रही। उसके बाद वह चौड़े की मांति बैठ कर इस प्रकार का व्यंजन कर रही थी एक वजन दार पटथर को अपनी पीठ पर रख लह चलेने लगी शिक्षक महिला पटथर गिरे न उसे तो संभल रही थी लड़की को नहीं।

अब अपनी दृष्टि दूसरी ओर घुमाते हैं। एक चीनी महिला तीन पुरुषों को योग सिखाती है। सभी उसे घेरे घेरे दिसा जाता है कभी तरह तरह से नीचे झुकना जिसमें न केवल हाथों का नृत्य होता है बल्कि घेरे से भी, कभी घुटने मुकायम कर कभी हाथ नचाते नचाते आगे की ओर भगाया जाता है। यह क्रम 10-15 बार तो अवश्य होता है।

अब चलते हैं तीसरी ओर - 4-5 पुरुष लाइन बनाकर पहले आगे की ओर फिर पीछे की ओर तरह तरह की भंगिमा के साथ कसरत करते हैं। भोजन की बात यह है कि यहाँ गुरु सब स्त्रियाँ ही हैं। देखा आपने, आप कह नहीं सकते कि स्त्रियाँ किसी भी क्षेत्र में कम नहीं हैं।

अब आते हैं उन्हीं समूहों में एक ही स्त्री की अकेले व्यायाम करना। एक महिला अक्सर बंद करके दोनों हाथ लटकाए न जाने कितनी देर खड़ी रहती है। दूसरी धीमी गति से हाथ आगे और पीठ पीछे की ओर सरके घूमती है तीसरी महिला एक घेरे को घेरी पर मारते हुए धीमे धीमे, इंचर-उंचर देवते हुए चली जाती है। चौथी महिला दोनों हाथों को धीरे-धीरे इंचर-उंचर करते हुए आगे चोबती जायगी पाँचवीं महिला अंचे स्थान पर घेरे रखकर कभी हाथों से घुटनों पर कभी पीठ पर थप थप मारती तब पीछे घेरे अनेकों बार यह क्रम चलता है।

मैं इन दृष्टिकोणों अपनी गर्दन इंचर कभी उंचर घुमाते हुए निहारते हुए इसका आनंद लेती हूँ। यह क्रम मुझे आनंददायी लगते हैं।

राशिश गजरा

**SUNDAY  
17 MARCH 24**

**Australian Hindi Indian Association**

*Celebrates*  
**Holi**

*Join us for fun & masti*

Venue : Harvey Lowe Pavilion,  
Doran Drive, Castle Hill  
(next to Castle Hill Showground main arena)

Time : 11am - 3pm

Tickets : Adults & Children (over 6yrs) \$20  
(Includes - Holi colours, chatpatta snacks, lunch, thandai,  
DJ & cultural program)

For tickets & more information contact  
Sushma Ahluwalia : 0411 967 374 Preeti Thadani : 0402 034 959  
Abha Gupta : 0416 570 608 Kiran Bajaj : 0423 026 649

## सोई हुई मानवता

सुषमा गर्ग

मानवता का दान माँगने, निकली आज सवेरे,  
मैंने चाहे डाले कितने ही फेरे,  
पर दामन में कुछ भी न आया मेरे।।

नहीं चाहिए कोई धन मुझको,  
नहीं चाहिए अलंकार मेरे तन को,  
नीला अम्बर तो मेरे घर की छत है,  
विभाकर और प्रभाकर मेरे ज्योति पुंज हैं।

प्यासी हूँ अत्यधिक फिर भी मैं,  
इतनी भी आस नहीं है मुझको,  
यह बहती सरिता दो अंजुली,  
भर नीर दे देगी मुझको,  
यौवन का धन मैं लिए घमूली,  
हर मानव की नजरें, मुझमें कुछ न कुछ ढूँढती,  
हुई रात और नींद आ गई मुझको,  
सुख भी सोया, दुख भी सोया और,  
नींद आ गयी मानवता तुमको।

मुझको तो झकझोर उठाया उस आते तूफ़ान ने  
पर तुमने आँखें न खोली, अपने ही अभिमान में,  
एक बार तुम नयन तो खोलो पहचानो अपने आपको,  
देखो, मानव कितना विकल विहल है बिन तुम्हारे,  
आ जाओ बस एक बार अपना लो हमको फिर से,  
दामन मेरा संतुष्टि से भर जाए, निकलूँ मैं जिधर से।।  
मानवता का दान माँगने निकली आज सवेरे,  
मैंने चाहे डाले कितने ही फेरे,  
पर दामन में कुछ भी न आया मेरे।।

### AHIA ORGANISES CLEAN-UP DAY ON 3RD MARCH

Join us @ Field 6, Fred Caterson Reserve,  
Caterson Drive, Castle Hill NSW 2154

### Membership Renewal

Please renew your membership at the Seniors meeting



## Kailash Bhatnagar celebrates her 99th Birthday

Smiling on her birthday, Kailash Bhatnagar, proudly claimed "all my teeth and jaw line is still intact in original shape, without any issues!". Kailash recently celebrated her 99<sup>th</sup> birthday on 30 Nov with her family.

Growing up in Lucknow, Kailash, did her entire education (from Primary schooling right to her Master's qualifications) from the same institution - Mahila College, Lucknow. During that period, she rubbed shoulders with many freedom fighters - incidents which she proudly narrates. However, after marriage she moved to Delhi and taught in a Girls Higher Secondary School, from where she retired as the Principal in 1984. Later in 1996 she, along with her husband, moved to Australia

to join her son's family. During her time in Australia she has written many poems and articles for Sandesh. She later

developed an interest in Aboriginal painting and held an exhibition a few years ago.

Now, due to recent falls she has reduced mobility due to which she moved to live in a nursing home that provides 24x7 support. Kailash has been involved with AHIA for many years. On behalf of AHIA we wish her well and hope we get to celebrate her centenary later this year!



## ज़िंदगी अगर रूठ गई है..!

तो इसे झट से मना लीजिये क्योंकि यह भगवान का दिया हुआ बहुत ही बेशकीमती तोहफा है जो भगवान् हरेक को नहीं देता। ज़िंदगी अगर हाथ से निकल गई तो आप हाथ मलते रह जायेंगे। हमने उस कल को देखा है जो कल तक हमारे साथ था और जो कल कल आएगा उसका पता तो भगवान ही जानता है। पता नहीं वो कल हमें अपने कल में शामिल करेगा या नहीं, तो क्यों न हम आज के अपने हर पल का लुत्फ उठाएँ और सारे गम भूल जाएँ। मनाइये उसे जिसके बगैर आपकी ज़िंदगी अधूरी है। अपने तो अपने होते हैं, यह सब दीवारों पर लिखी लाइने पढ़ने में अच्छी लगती हैं। हकीकत कुछ और ही बयां करती है जब वक्त पड़ने पर आपको उनके मिज़ाज़ में कांटो के सिवाए कुछ नज़र नहीं आता। कोई अनजान आपको फिर भी सहारा दे देगा लेकिन यह जो अपनों की आप रट लगाते हैं ना, यह आपसे आपका सहारा भी छिन लेते हैं। एक वैज्ञानिक ने खूब कहा था मैं उन लोगों का दिल से शुक्रिया दा करता हूँ जिन्होंने मुझे ना कहा और मैंने खुद

उस मकाम को हासिल कर लिया जिसे शायद मैं उनकी हाँ से ना कर पाता। आप कितने ही खूबसूरत क्यों न हों, पर आपकी परछाई हमेशा काली ही होगी। अँधेरे में तो वो आपको दिखाई नहीं देगी लेकिन रौशनी में आपको उसे नज़र अंदाज़ नहीं कर सकते। गलती होने पर पछतावा नहीं करना चाहिए अगर वो गलती जान बूझ कर नहीं की गई। ज़िंदगी में जितने भी करिश्मे हुए तो गलत रास्ता पकड़ने से हुये। अगर रास्ता सही होता तो हम उस चीज़ से महरूम हो जाते जो हमने गलत रास्ता पकड़ कर पाई है। दुनिया को वो बताइये जो आपने किया है , नाकि वो जो आप कर रहे हैं। झुकिए मगर हर वक्त नहीं। झुकिये उस दर पर जहाँ झुकने पर आपके मन को सुकून मिलता है, जैसे की मंदिर।

कभी कभी रूठे हुए को रूठा छोड़ देना भी समझदारी है क्योंकि अगर आपके दिल के तार उससे मिलते हैं तो वो खुद थोड़ी देर में आपके पास चला आएगा। ज़िंदगी इतनी बड़ी नहीं की उसे नफरत के सहारे जिया जाये। अक्सर हम उस चीज़ को

तरसते हैं जो हमारे पास नहीं हैं और उस चीज़ की कद्र करना भूल जाते हैं जिसके लिए हम तरसते थे। जो है उसमे खुश रहिये और जो नहीं है उसे किसी दुसरे को पाने दीजिये। आपकी किस्मत ने आपको दे दिया जो आपके लिए लिखा था और जो बाकी रह गया है, वो भी वक्त आने पर आपको मिल ही जायेगा। किस्मत बनाने वाला सिर्फ आपकी नहीं, बल्कि सबकी किस्मत लिखता है। धैर्य रखिये, रात कितनी भी लम्बी क्यों न हो, वो दिन को होने से कभी रोक नहीं सकती। आपका नंबर भी आएगा।

फिलहाल आप उनको मनाइये जो आपकी ज़िंदगी का अहम हिस्सा हैं और उन्हें भूल जाइये जो आपको देखकर नज़र फेर लेते हैं।

आखिर में इतना ही कहूंगा। ..

"सच्चा दोस्त वो ही होता है जो बरसात में भीगे हुए आपके चेहरे में आपकी आँखों से बहते हुए आंसुओं को भी पहचान लेता है"

खुश रहिये

लव नागपॉल



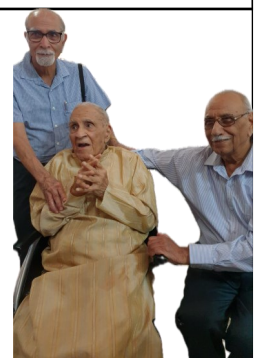
**AHIA Visit To Our Senior Kailash Bhatnagar**

We were so happy to see aunty . We had great pre Christmas lunch with her . She enjoyed it . Our pleasure to spend some time with her and took her blessings. She celebrated her 99th birthday.



**AHIA Visit To Our Senior Member Dr. Kapila**

Dr. Kapila celebrated his 100th birthday. Dr. Kapila was very alert. It was amazing to talk to him. He read the King Charles letter & some messages himself out loud.







Photographs from  
Seniors meeting on  
11th November, 2023





Photographs  
from Seniors  
meeting on  
11th Novem-  
ber, 2023

**Next Seniors Meeting @ 2 Lane Street. Wentworthville**  
**February 10 , 2024 from 1 to 4 PM**

**Photos taken by Tilak Kalra**

**Membership Renewal**  
**Please renew your membership at the**  
**Seniors meeting**